

June Monthly Newsletter!

The summer has finally arrived, and that means outdoor parties and barbeques with friends and family. If you're trying to eat healthier, it can seem hard to find good choices at the picnic table. But you don't have to hide out until September just to resist temptation. Whether you're a host or a guest, you can enjoy the best of barbecue season. Use this guide to choose food that's light, healthy and refreshing at any backyard party!

Burgers 'n Dogs

Hamburgers and hot dogs are a big part of summer eating but they don't have to be a diet disaster. Start with a 100% whole wheat bun instead of white for a healthy dose of [fiber](#) and watch the fat content of the meat. The average beef and pork hot dog contains about 180 calories and 17 grams of fat before you add a bun and toppings. Turkey dogs are tasty and won't sabotage your diet—you can have two of them for less than 100 calories. If you're going for a burger, stay away from the high-fat toppings like cheese, mayo and bacon. Choose cheese slices like Allegro made with skim milk to reduce the fat content and load your burger with mustard and fresh veggies instead. Here's the burger 'n dog breakdown:

Worst	Better	Best
Hamburger patty (4 oz) 290 calories 22g fat	Turkey burger patty (4 oz) 160 calories 9g fat	Veggie burger patty (2.5 oz) 110 calories 4 grams of fat
Bratwurst (4 oz) 300 calories 25g fat	Beef hot dog (2 oz) 180 calories 17g fat	Turkey dog (2 oz) 45 calories 5g fat
Swiss cheese and sautéed mushrooms 150 calories 13g fat	Cheese, lettuce tomato, onion, pickles, ketchup, mayo and mustard 131 calories 9g fat	Ketchup, pickles and mustard 15 calories 0g fat
Buttered bun 160 calories 6.5g fat	Whole wheat bun 110 calories 1.5g fat	A lettuce leaf 5 calories 0g fat



Chips, Salads & Sides

If potato salad is your downfall, make your recipe healthier by leaving the skins on the potatoes (for more fiber and nutrients) and choose nonfat Greek-style yogurt instead of mayo. Make creamy cole slaw more waist-friendly by reducing the fat in the dressing by swapping plain low-fat yogurt for half the mayo. Baked beans are usually a good choice, but opt for [vegetarian](#) varieties that aren't made with bacon, if possible. If you want to avoid the creamy salad temptations completely, fill your plate with fresh grilled vegetables. Spray chunks of red peppers, yellow squash, zucchini and eggplant with canola oil spray and grill them on the barbecue. Add freshly ground pepper and a dash of balsamic vinegar for extra punch.

When it comes to dips, look for vegetable and fruit-based choices like guacamole (made from avocado fruit) and salsa (made from tomatoes and veggies). These pack healthy nutrients that creamy dips often don't.

Worst	Better	Best
Potato salad (1/2 cup) 179 calories 10.3g fat	Cole slaw (1/2 cup) 150 calories 8g fat	Vegetarian baked beans (1/2 cup) 100 calories 1g fat
Ranch dressing (2 Tbsp) 180 calories 18g fat	Guacamole (4 Tbsp) 100 calories 8g fat	Salsa (1/2 cup) 60 calories 0g fat
Potato or tortilla chips (1 oz) 150 calories 10g fat	Pretzels (1 oz) 110 calories 2g fat	Raw vegetables (1 oz) 16 calories 0g fat



Drinks

Calories from beverages can add up fast. And new research on artificial sweeteners shows that even diet soda, although calorie free, can result in weight gain. When it comes to liquids, water is the only thing your body needs. But when it comes to grilling out, most people like to drink something both flavorful and refreshing. Use the chart below for some sweet ideas when you want something besides water.

Worst	Better	Best
Lemonade (8 oz) 120 calories	Sweet iced tea (8 oz) 100 calories	Water with lemon (8 oz) 4 calories or Unsweetened tea (8 oz) 2 calories



Pies & Desserts

Berries make fresh, nutritious choices for summer and spring, but the way they're prepared can often add way more sugar than these naturally-sweet fruits need. Go for fresh fruit (like watermelon slices or fruit salad) as a healthy guilt-free dessert. Can't resist that cake or pie? Pile on the fresh berries and fruit and try just a taste of the cake, whipped cream or other dessert.



Worst	Better	Best
Blueberry pie (1/8 of pie)	Strawberry shortcake with whipped cream and sweetened strawberries (2.5 oz)	Angel food cake (2 oz) with fresh strawberries (1/2 cup)
473 calories 19g fat	325 calories 8g fat	120 calories 0g fat

Grilled Chicken Kabobs - serves 4

- 2 tsp ground mustard
- 1 tbsp Worcestershire sauce
- 1/2 cup water
- 1/2 cup low sodium soy sauce
- 1 tbsp vegetable oil
- 4 boneless skinless chicken breast halves
- 2 md zucchini cut in 1 1/2 in Slices
- 1 md onion cut in wedges
- 1 md green pepper cut into chunks
- 12 fresh mushrooms

In a resealable plastic bag, combine the mustard and Worcestershire sauce.

Add water, soy sauce and oil; remove 1/3 cup and set aside for basting.

Cut chicken into 1 1/2 inch pieces; add to bag. Seal and refrigerate for 1 1/2 to 2 hours.

Drain, discarding marinade.

Thread chicken and vegetables alternately on skewers. Baste with reserved marinade. Grill over hot coals for 10 minutes. Turn and baste. Cook 10 minutes more or until chicken juices run clear.

Serve with grilled sweet potatoes and grilled vegetables for a well balanced BBQ meal!